

News Briefs

MDG clinics closed for training

52nd Medical Group clinics are closed Dec. 1 from 7:30 a.m. to 4:30 p.m. for training. People in need of urgent care should visit the Bitburg Annex Hospital Emergency Room.

Electronics banned from promo testing

Headquarters Air Force Personnel Center has banned cell phones, beepers, notepads and calculators from promotion testing rooms. Airmen possessing these items after the testing session begins will have their tests terminated and will be ineligible for the remainder of the testing cycle. Call the 52nd Military Personnel Flight Promotions and Testing Section at 452-6344 for more information.

RWE changes customer information

RWE electric company has changed its customer account numbers and the banking information for monthly bill payment. The company mailed letters in the German language regarding this issue. Customers who have their payments drafted automatically from their accounts should verify that their RWE bill payments are credited to the correct accounts and should contact their bank concerning incorrect payments. Customers who make payments in person at the bank can seek assistance from customer service.

Wing CC celebrates promotion Nov. 23

Col. Dave Goldfein, 52nd Fighter Wing commander, invites the Team Eifel community to his promotion party Wednesday at 2 p.m. in Club Eifel. The all-ranks party celebrates the colonel's recent nomination for promotion to brigadier general.

Jail and Bail fundraiser Dec. 2

The 52nd Security Forces Squadron will arrest and detain wing members for \$10 per hour Dec. 2 from 7:30 a.m. to 4:30 p.m. Prisoners can post bail for \$20 per hour of incarceration. Mug shots of the prisoner will be given to donors as souvenirs. Proceeds benefit 52nd SFS morale functions.

DRMO closed for Thanksgiving

Defense Re-utilization Marketing Service-Bitburg is closed Thursday and Nov. 25 in observance of Thanksgiving. Call Linda McNabb at 452-9173 for more information.

Deployed cut up

Take a look at what deployed 52nd Fighter Wing members are up to in the desert.



Read, "Sabers: constantly ready to project superior combat power" on Page 6.

Eifel Times

Vol. 39, Issue 42

Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

Nov. 18, 2005



Full honors

The Spangdahlem Air Base Honor Guard posts the colors, during the Veterans Day memorial ceremony Nov. 11 at Hamm Cemetery, Luxembourg. Members of the 52nd Fighter Wing and their families attended the ceremony, honoring the more than 5,000 American Soldiers buried there who were killed during World War II. One of the graves is that of U.S. Army Commander Gen. George Patton, who died in a traffic accident just after the war.

Airman 1st Class Josie Kemp

Keep others in mind during Thanksgiving



By General Robert H. "Doc" Foglesong
Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany (USAFENS) – Sacrifice has always been a hallmark of our great nation. Around the globe thousands of Airmen, Soldiers, Sailors, Marines and Coast Guardsmen are standing watch to ensure our freedom and way of life are preserved. Take time during this year's Thanksgiving holiday to remember all those who serve in our armed forces.

Our military embodies the American

values of compassion, tolerance and courage. Thank you for your hard work and dedication to our mission -- we couldn't do it without your help. You provide the gift of peace and hope to many and the promise of a secure future for others.

As we celebrate Thanksgiving with family and friends, remember those who are unable to spend the holiday season with their loved ones. Consider the sacrifices and support of our nation's military spouses, sons and daughters. We couldn't

accomplish anything without their support, understanding and dedication.

I'm grateful for the opportunity to be a part of the world's greatest air and space force and work with the extraordinary men and women of the U.S. Air Forces in Europe. To all of the USAFE team -- active duty, guard, reserve, civilians, contractors and family members -- thanks for all you do. Your courage and unwavering dedication are a true blessing to us all. Have a safe and happy Thanksgiving holiday!

OSG holiday cheer takes center stage

Compiled from staff reports

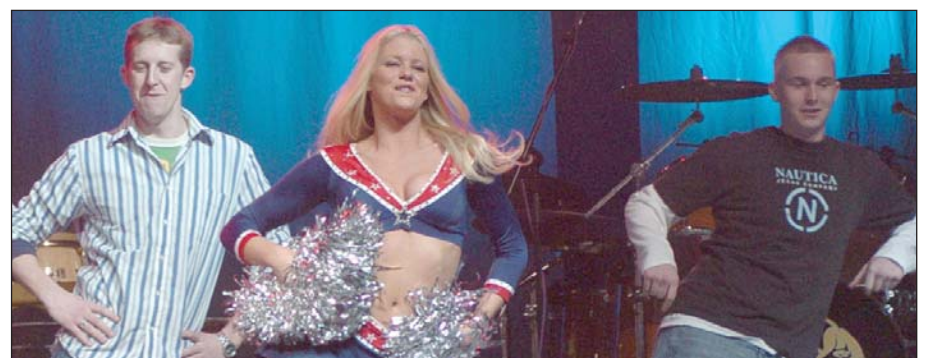
New England Patriots Cheerleaders usher in the holiday season for Team Eifel members with an all-star Operations Season's Greetings performance Nov. 29 at 7 p.m. in the Spangdahlem Air Base fitness center.

The show features routines by four members of the championship football cheerleading team, Billboard top 20 country artists Trick Pony, Blues Traveler lead singer John Popper and musicians from the U.S. Air Forces in Europe Band and Band of the Air Force Reserve.

The Patriots Cheerleaders performance feature dancing to classic rock, country and pop hits, said Tracy Sormanti, squad coach.

"Our show includes a great deal of audience participation and is sure to keep everyone laughing," the coach said.

Sharing the spotlight with the cheerleaders will be Trick Pony's singer Heidi



2nd Lt. Shannon Collins

Team Eifel volunteers perform on stage with a New England Patriots cheerleader during this past year's Operation Season's Greetings concert.

Newfield, who also plays harmonica; Keith Burns on acoustic guitar; and Ira Dean, playing bass, acoustic and electric guitar. The team will perform songs from their new CD R.I.D.E.

Blues Traveler's John Popper will go solo, performing some of his hits, including the hit single "Run Around."

The U.S. Air Forces in Europe and

Reserve bands will open the show with well-known rock, rap and contemporary favorites.

In addition to their visit here, OSG performers will also tour Ramstein Air Base and Landstuhl Medical Center in Germany; Incirlik Air Base, Turkey; Keflavik, Iceland; and at least one deployed location in Southwest Asia.

RESCON Watch

ALPHA

0 DUIs in the Last 30 Days

Days since last DUI: 48

Large unit with best record: 52nd Communications Squadron, 315 days
Small units with best record: 52nd Comptroller Squadron, 1,358 days

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

Combat Wingman Day puts focus on well-being

By Capt. Ilaina Wingler
52nd Medical Operations Squadron

Sabers will take a break from their regular duties Nov. 23 for Combat Wingman Day, highlighting personal health and safety issues with events focused on squadron-level interaction.

Unit activities are commander directed, and some will begin with unit fitness or teambuilding events followed by Combat Wingman sessions. Commanders will be provided with a "toolbox" of guided discussion materials to use during these sessions. The materials focus on enhancing the Combat Wingman relationship by highlighting some of the spiritual, emotional and physical difficulties associated with the holidays and winter months.

Throughout the day, commanders will address key issues including responsible consumption of alcohol, managing stress, suicide awareness and preventing sexual assault. Briefings will also include discussion on vehicle accidents, substance misuse and nutritional awareness. The sessions can also include practical exercises such as conducting vehicle

What to expect ...

On Combat Wingman Day, Nov. 23, unit commanders will address issues, such as drinking responsibly, stress management, suicide awareness and sexual assault. Briefings may also include discussions on driving safety, substance misuse and nutritional awareness.

safety assessments by checking tires and fluids for use in winter conditions.

Squadrons will also have opportunities to participate in mission-driven static displays. The 726th Air Mobility Squadron and the 606th Air Control Squadron will support the Combat Wingman Day initiative by setting up static displays and discussion of their mission.

These displays will be a great opportunity for 52nd Fighter Wing members to learn more about how they and their fellow Sabers support the mission, and how all Sabers fit into the wing mission. Each group will have specified times to visit each of these mission static displays throughout the day.

The 52nd Services Squadron will also support Combat Wingman Day, so Airmen should make sure to have their Wingman Card. With that card, Airmen can take advantage of such offers as two-for-one lunch buffet at Club Eifel, two-for-one movie rentals at the BXtra, and one free Wingman meal at the bowling center.

The day's events will culminate at Club Eifel with a promotion party for Col. Dave Goldfein, 52nd FW commander, at 2 p.m. This is an all-ranks celebration and all Sabers are encouraged to bring their Wingmen.

Part of the 52nd FW mission is to take care of each other. The goal of Wingman Day is to help Airmen become aware of some of the things to look out for over the holiday season so that they can be the very best Wingmen for each other.

Combined forces make time in operations to honor Veterans Day

Airmen in Lithuania pay respects to World War II's fallen

Story and photos by Capt. Thomas Crosson
23rd Expeditionary Fighter Squadron Public Affairs

SIAULIAI, Lithuania -- While many Americans commemorated Veterans Day with special events or visits to monuments in their hometowns, Airmen deployed to Lithuania had the once-in-a-lifetime opportunity to honor the memory of their fellow aviators at a truly unique location.

Ten Airmen assigned to the 23rd Expeditionary Fighter Squadron traveled to a secluded cemetery in the village of Macikai, located 190 miles east of Vilnius, Lithuania. With airmen and sailors from Lithuania's armed forces, they conducted an honor cordon in a U.S. Embassy-sponsored event to honor the memories of Staff Sgts. George B. Walker and Walter Nies, and Tech. Sgt. William F. Teaff, U.S. Army Air Corps personnel who died while imprisoned in Stalag Luft IV, a German prisoner of war camp in Macikai.

The exact location of the three B-17 crewmember's remains within the cemetery is unknown. A small monument sits in the approximate spot where the three are buried. The cemetery also hosts the remains of Belgian, Polish and German military personnel affiliated with the POW camp, as well as local citizens.

The 23rd EFS Airmen attending the ceremony were moved by the display of respect for our fallen servicemembers.



"It was amazing, it showed a lot of respect on the part of the Lithuanians to do that for us," said Senior Airman Daneirys Liranzo, a telephone maintenance technician currently assigned to the 23rd EFS.

Lt. Col. Artliras Leita, acting Chief of Staff of the Lithuanian air force, said it was important for the Lithuanian armed forces to help remember all military personnel who lost their lives in his country.

"In WWII, a lot of soldiers died abroad, not just Americans," he said. "I feel (the U.S. military) would do the same for us if we died on their soil."

"What a phenomenal opportunity," said Maj. Joseph Locke, 23rd EFS detachment commander. "Not every servicemember's remains made it home or have been buried in a national cemetery. It's truly an honor to commemorate those who made the ultimate



Above, 23rd Expeditionary Fighter Squadron members Tech. Sgt. Michael Luetkeman, right, Senior Airman Daneirys Liranzo, center, and Staff Sgt. Naimi Bjorge, stand alongside members of the Lithuanian air force as they honor three U.S. Army Air Corps members who died in a POW camp in Macikai, Lithuania, during World War II. Left, fresh flowers lay near the monument marking the spot where three U.S. military members are buried.

sacrifice at a place not many Americans have an opportunity to visit."

For others in the 23rd EFS, the ceremony changed the way they felt about Veterans Day.

"Being here gave me a whole new perspective on Veterans Day," said Staff Sgt. Terence

Zelek, a life support technician with the 23rd EFS. "To see where these Airmen were held captive and spent their final days, and to be here in Lithuania to pay them respect on Veterans Day was amazing. How often can people say they've done that?"



Operation On-Air

Play a dedication to deployed loved ones on 105.1 FM.

E-mail Det9.BGOR@spangdahlem.af.mil your song requests and special messages.

Saber community remains DUI free, security forces shares roadside tips

By David A. Barker
52nd Security Forces Squadron

This past week Team Eifel had no major accidents and no Driving Under the Influence incidents, but was involved in nine minor wrecks.

The minor wrecks included two from driving at speeds too fast for conditions, one happened in a parking lot, two resulted from improper backing, two resulted from inattentive driving, in another the other driver was found at fault, and one involved wildlife.

Driving tips

Before Team Eifel members take the first sip of alcohol, they should plan how to get home. People can call a taxi, Airmen Against Drunk Driving or

have a non-drinking friend drive them home. This way, everyone wins and the base is kept DUI free.

During the winter engine troubles seem to increase. When drivers need assistance they can lift the vehicle's hood and turn on the hazard lights. Maintaining a cell phone in the car ensures drivers have a way to call for emergency service. Before calling law enforcement for assistance, drivers should try to fix the problem. Often, while the driver attempts to fix the problem, a passerby stops to lend assistance.

If a driver needs vehicle assistance, Team Eifel members can call the 52nd Security Forces Squadron Law Enforcement Desk at 06565-61-6666.



Senior Airman Eydie Sakura

Top Saber Performer

Name: Airman 1st Class Andrew A. Ksionsk
Unit: 52nd Component Maintenance Squadron
Duty title: Electronic Warfare Systems team member
Hometown: Holly Springs, N.C.
Years in service: Two years
Nominee's contributions to 52nd Fighter Wing mission success: Airman Ksionsk brings with him a wealth of experience from Nellis Air Force Base, Nev. He's proven to be a take charge leader, training 10 three-levels on troubleshooting theory and techniques, which has greatly increased the section's maintenance capabilities. He was instrumental in troubleshooting a recurring fault in an electronic countermeasure pod previously used for cannibalization. His methodical maintenance ended eight months of stagnant troubleshooting efforts.

Off-duty volunteerism and professional development pursuits: Completed a German language class, passed principles of supervision and human resource management DANTES tests, helped set-up and clean "Latin Night" venue and acted as a dealer during the 52nd Services Squadron Casino Bash.

What do you do for fun? I enjoy hunting and fishing, traveling, playing football and wrestling.

What do you like most about being stationed here? I like the opportunity for European travel.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I'd like to see additional on-base parking.



Capt. Tom Crosson

Commander's Mentorship Program

1st Lt. Reese Rini, 52nd Comptroller Squadron Financial Analysis Flight commander, chats about leadership with Col. Dave Goldfein, 52nd Fighter Wing commander, Oct. 12. The lieutenant's meeting with the commander was part of the Commander's Mentorship Program, in which the commander schedules time to share leadership experiences and guidance with a selected enlisted member or officer. An Army dependent from Yongsan, Korea, with three years of Air Force experience, Lieutenant Rini was named the 2005 U.S. Air Forces in Europe Financial Management Company-Grade Officer for the third quarter and as an outstanding performer during the Headquarters USAF 2005 Unit Compliance Inspection.

Eifel Salutes

52nd Mission Support Group

There's no return-to-sender stamp on this salute to new Eifel postal team members **Gerlinde Eide, Bianca Hacker and Amado Rodriguez**. They will be helping out the Spangdahlem AB and Bitburg Annex post offices during the busy holiday season. Sound your sirens for **Senior Airman Paul Harriger**, 52nd Security Forces Squadron, who won the outstanding security forces flight-level Airman award in the command-level competition.

52nd Medical Group

We can clearly see why **Senior Airman Michael McElroy** is a cut above the rest. He screened 92 optometry patients and ordered more than 300 pairs of glasses for patients recently at Geilenkirchen Air Base. So long, farewell ... to **Dr. Gavril Moldovan** and congratulations on his retirement. He has served the 52nd Fighter Wing community as an emergency room physician for more than 20 years. Delivering the goods is **Staff Sgt. Akisha Liggins** who provided transportation for a new Saber medic by picking up a sick child at daycare while ensuring the Airman's household goods delivery went on as planned. Working on supply and demand is **Senior Airman Bernard Williams** who spearheaded a short-notice warehouse relocation of \$220,000 worth of medical supplies to enable infrastructure repairs. His efforts ensured no interruption in medical services to Sabers.



38th Munitions Maintenance Group

Getting into the action is **Tech. Sgt. Chasity DeGroat**, who trains and evaluates 14 emergency action controllers in all aspects of command and control. She manages training and standardization evaluation to ensure prompt execution of \$500 million in protection of U.S. assets deployed in support of NATO missions. Nearly 40 percent of her proposed changes to the USAF command and

control master training plan are being adopted by USAF for the entire theater. Reliable is his middle name ... **Tech. Sgt. Jeffrey Noxon** superbly handles all aspects of day-to-day personnel reliability program operations for Kleine Brogel AB, Belgium. His attentive screening of potentially disqualifying information on all inbound members ensures personnel qualified for the duties associated with the base are accepted, making him responsible for saving the Air Force more than \$40,000 in PCS costs. **Tech. Sgt. Daniela Mewes** is the cat's meow for ensuring the safety of the Volkel Air Base housing area by preventing unauthorized personnel from entering the area during a scheduled protest. The NCO immediately called security forces about the incident and waited until security arrived to ensure the individuals didn't leave or gain access where they weren't allowed.

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Eydie Sakura, 52nd Fighter Wing Public Affairs Office)



Staff Sgt. Jennifer Lindsey

Top Saber Team

Unit name: 52nd Component Maintenance Squadron Electronic Warfare Section
Unit responsibilities: The section maintains the wing's fleet of ALQ-131 electronic warfare pods.

Number of members: 28

How does the team fit into the 52nd Fighter Wing's mission? The team ensures pilot and aircraft safety by inspecting and maintaining electronic warfare pods, and all associated support equipment. The pods jam surface-to-air and air-to-air threats such as missile sites and anti-aircraft artillery.

Team's other contributions through the year? The team showcased its expert abilities and dedication as they maintained an unprecedented 100-percent intermediate level support equipment full mission capable rate during the last 13 months. Utilization of the "team-within-a-team" division of labor concept to control supply, pods awaiting parts, spare parts and equipment tracking enabled them to maintain that rate despite aging irreplaceable test equipment. Additionally, the team formulated an innovative preventative maintenance schedule. It leveled the monthly maintenance load, allowing an average 88-percent pod FMC rate during the same time period, eight percent over the USAF standard.

SSEMC Thrift Shop

The Spangdahlem Spouses and Enlisted Members Club Thrift Shop re-opens Nov. 29 in the basement of Spangdahlem AB Military Family Housing



Culture Corner

The 52nd Fighter Wing celebrates American Indian Heritage month by highlighting the significant contributions of U.S. military members, such as Army Lt. Col. Ernest Childers.



Colonel Childers, a Creek Indian from Broken Arrow, Okla., was awarded the Medal of Honor for conspicuous gallantry and intrepidity at risk of life above and beyond the call of duty in action Sept. 22, 1943, at Oliveto, Italy.

Then Second Lieutenant Childers, along with eight enlisted men, advanced up a hill toward enemy machine gun nests. He ordered a base of fire laid across the field so he could advance, single-handily capturing an enemy mortar observer.



Janis Wood

Cookie capers

Above, Adam Clark, back left, Myah LeGrande, back right, Allyssa Clark, center left, Marcus Clark, center right, and Bobbie LeGrande, front left, decorate sugar cookies Nov. 9 at the Spangdahlem Air Base Family Support Center. The sweet treats are destined for deployed 52nd Fighter Wing members as part of the Combat Care program. Right, Myah, 13-year-old daughter of Tech. Sgt. Ernest LeGrande of the 52nd Maintenance Group, puts the finishing touches on a cookie. More than 500 Sabers are currently deployed around the world in support of peacekeeping operations and the Global War on Terrorism.



Airman says manual, training saved his life

By Senior Airman Cassandra Locke
379th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA -- When he went to sleep one night, Staff Sgt. Stephen Jones felt tingling in his fingers and toes and had a high fever and chills.

Sergeant Jones remembered from reading his Airman's Manual — and from his pre-deployment self-aid and buddy care training — that those signs were serious. He realized he needed to seek medical attention immediately.

What Sergeant Jones thought may have been a strained leg muscle turned out to be a flesh-eating infection that could have killed him if he had not sought immediate treatment.

"If he would have come two or three days later, he may not have survived," said Maj. (Dr.) Crystine Lee, 379th Expeditionary Medical Group general surgeon.

She treated the sergeant for necrotizing fasciitis, also known as flesh-eating bacteria. The doctor said she may have had to amputate the sergeant's leg had he waited another 24 hours for treatment.

"I knew something was wrong," said the fuels journeyman deployed from Cannon Air Force Base, N.M. "I knew I had to immediately take action even though I felt normal five minutes before."

At the clinic, the staff checked his vitals and they found his white blood cell count was almost three times higher than normal. After examining his leg, the doctor spotted the problem. He had an infected blood clot in his leg.

Dr. Lee and her team immediately performed surgery on him, removing the bacterially infected tissue.

"He was being poisoned," Dr. Lee said.

While rare, this kind of infection can start from a scratch, bug bite or a cut, the doctor said. It most commonly occurs when streptococcus bacteria enter.

"We're not sure why Sergeant Jones developed his infection since he had no point of entry. His



1st Lt. Sara Lanin

SOUTHWEST ASIA -- Maj. (Dr.) Crystine Lee and her team perform surgery on Staff Sgt. Stephen Jones' leg. The sergeant developed necrotizing fasciitis, also known as flesh-eating bacteria. This type of infection is fatal if not treated immediately, and because of Sergeant Jones' pre-deployment training, he knew to seek help.

case took everyone by surprise," Dr. Lee said.

"Especially me," Sergeant Jones said.

Dr. Lee said Sergeant Jones was unlucky to be one of the rare cases -- but lucky to have been saved.

"Our role at the 379th Expeditionary Medical Group is to keep our warfighters fit to fight, which includes everything from preventive measures to intervention for life-threatening problems," the doctor said.

Sergeant Jones credits "all the training briefings" for saving his life. After his ordeal, he stresses all Airmen should take self-aid and buddy care training seriously and review their Airman's Manual regularly. (Courtesy Air Force Print News)

Send holiday gifts on time

Post office shares packing tips, shipping deadlines

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

Beginning in mid-October packages and cards start pouring in at the Spangdahlem Air Base and Bitburg Annex Post Offices with hopes that the gifts and messages will reach loved ones in time for the winter holidays.

Along with the holiday joy come long waits in post office lines and unprepared customers, but it does not have to be this way, said Master Sgt. Henry Gonzalez, Spangdahlem AB postmaster. A little preparation goes a long way in making sure gifts make it to their destination on time and intact.

To ensure delivery of holiday cards and packages by Dec. 25 from military APO and FPO addresses, the base post offices suggest Team Eifel members meet the mailing deadlines. Military mail addressed for delivery to the United States via parcel airlift mail must be mailed by Dec. 3; via priority mail or first-class mail by Dec. 10; or express mail military service by Dec. 19. Military mail addressed for delivery to all APOs, except APO and FPO zip codes 093XX via parcel airlift must be mailed by Dec. 3; by priority mail or first-class by Dec. 10. Military mail addressed for delivery to all APO AE and FPO AE zip codes 093XX via parcel airlift by Dec. 3; via priority mail or first-class by Dec. 5. International mail being shipped via Global Airmail parcel post or letters and cards must be sent by Dec. 5 to reach Africa, Central and South America on time, by Dec. 12 to reach Asia and the Pacific Rim, Australia and New Zealand, Canada, Caribbean, Mexico, Europe and the Middle East.

To ensure the delivered items make it to their destinations in one piece, people must pack the packages well. When

packing gifts for shipping, people should:

Think heavy: Heavy corrugated boxes are best for shipping most items. Cardboard shipping tubes are good for long, thin items. Shoe boxes are much too thin and lack the support to prevent the items inside from getting broken.

Fluff it up: Pack breakables inside a thick cushion of packing material. Shipping peanuts and bubble wrap are ideal for packing fragile items.

Pack tightly: After items are packed inside a cushion of packing materials and are packed inside the heavy corrugated box, give the box a good shake. If the items inside still move around, they must be packed more tightly.

Under wraps: Using about four lengths of plastic mailing tape not only seals package seams, but also adds strength to boxes. Don't use duct, masking or strapping tape for sealing boxes for shipping. Duct tape doesn't adhere well to cardboard, masking tape is not strong enough and strapping tape gets caught in shipping equipment.

Right size: Each box can be up to 70 pounds and a maximum size of 130 inches, length plus girth, for most shipping methods. Heavier loads require custom shipping with companies such as FEDEX or DHL.

Keeping in custom: A customs form is required on all mail addressed to APO or FPOs. A PS Form 2976, the green customs form, or 2976-A, the white customs form, is required when articles are liable for customs duty or purchase tax, unless they are bona fide gifts for military members or their family members.

For post office hours, visit the 52nd Communications Squadron Support Systems Flight on the base Intranet at <http://intranet/52fw/52msg/52cs/scs/>.

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Anderson.....PA NCOIC
Senior Airman Amaani Lyle.....Editor
Senior Airman Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

Published by
Verlag & Druck
Wittich KG, a pri-
vate firm in no
way connected
with the U.S. Air
Force, under
exclusive written
contract with the
52nd Fighter Wing. This commercial
enterprise newspaper is an authorized
publication for members of the U.S. mil-
itary services overseas. Contents of
the Eifel Times are not necessarily the
official views of, or endorsed by, the
U.S. Government, the Department of
Defense or the Department of the Air
Force.

The appearance of advertising in
this publication, including inserts or sup-
plements, does not constitute endorse-
ment by the Department of Defense,
the Department of the Air Force or
Verlag & Druck Wittich KG of the prod-
ucts or services advertised.

Everything advertised in this publi-
cation shall be made available for pur-
chase, use, or patronage without regard
to race, color, religion, sex, national ori-
gin, age, marital status, physical handi-
cap, political affiliation or any other non-
merit factor of the purchaser, user or
patron.

Editorial content is edited, pre-
pared, and provided by the 52nd
Fighter Wing Public Affairs Office staff.
All photographs are U.S. Air Force pho-
tographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general interest
will be published in the *Eifel
Times* and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■ DirectLine@spangdahlem.
af.mil

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.
■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

November Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	240	52	-16
23FS	289	96	+3
81FS	263	85	-17

*Delta is contract vs. sorties flown to date.

Through Nov. 14

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Nov. 18, 2005

Page 5

Holiday stress relief hints

52nd MDG offers tips for Sabers to make it through the season

By Dr. (Capt.) Ruth Roa-Navarrete

52nd Medical Support Squadron Life Skills Support Center

The holidays are almost here. Time to overeat, overspend and overtax one's energy: "stress time." Stressors are things in our environment: bills, traffic, waiting in long lines, family or work difficulties. Stress is something we create from how we interpret the stressors in our life. During the holiday season there are more stressors than usual vying for our attention and causing us to get stressed out.

When a person feels stress, their body reacts to prepare the body to either fight or run away. Heart rate increases, breathing becomes fast and adrenaline flows into the blood stream. This is the "Fight or Flight" response. This reaction was helpful for our ancestors when having to fight off large animals, but it is less useful in today's society.

If the event determines how much stress one feels, everyone would react exactly the same way. They don't, so it makes sense that the individual's reaction to an event determines how much stress they feel.

Can you reduce stress? Here are tips to help you and your wingman have a reduced-stress season:

♦ *Plan ahead:* Start early! List all your chores, get organized and prioritize. Check items off to show your progress.

♦ *Social support:* The most effective way to manage stress. Watch out for each other; be good wingmen. Spend time with people you like to balance time spent with people you "have to be around."

♦ *Reinstate the draft:* Get family or friends to help out. Step in when your wingman needs help.

♦ *Hide:* When you need peace and quiet, find some. Go to a private place to regroup.

♦ *Rest:* Take care of yourself and those around you. Listen to your body and make sure you get good sleep.

♦ *Eat well:* You can't avoid tempting treats altogether, but make smart food choices to balance it out!

♦ *Exercise:* A 20-minute walk is a great "stress buster." An exercise partner makes it easier to stick with your regimen. Use your wingman.

♦ *Adjust expectations:* Things don't have to be perfect to have a joyful time. Keep your expectations manageable.

♦ *Don't take it personally:* "People" are not part of a master plan to ruin your day. It's useless to get upset about what is beyond your control.

♦ *Moderation:* Eating, enjoying alcohol and shopping are best done in moderation.

Combat baby: Airman learns to balance active-duty life, motherhood

By Senior Airman Eydie Sakura

52nd Fighter Wing Public Affairs Office

The joys of having a new baby go hand in hand with these three simple words: stress, anxiety and depression.

I thought joining the Air Force at age 27 was the most physically and mentally life-altering thing I would ever experience. Boy was I wrong.

I had my first child two months ago. Everyone tells you before the baby is born how much your world is going to change. You don't really realize it until you meet that new little person -- a person who is 100-percent dependent on you -- and comprehend how much of yourself you have to give 24/7.

The work days at Spangdahlem Air Base are high-tempo, and there is never a dull moment. Time seems to fly by, and Sabers continually pump out quality work. The tempo and superior work ethic here have challenged me to give all I can to the mission and the base. However, I'm finding that balancing life between motherhood and a career in the world's greatest Air Force has been the most challenging experience ever.

Waking up at all hours of the night to combat a fussy, crying baby is not only nerve-wracking, but the lack of sleep makes matters even worse. A culmina-

tion of sleepless nights and a day packed full of work can push any sane person over the edge at times.

It's important for not only working mothers, but for any new parent, to talk about their frustrations; meet with other parents to share experiences and learn about enriching their relationships.

Fortunately, the Air Force has a variety of classes and services available for active duty members and their families through the family support center, family advocacy, life skills and the base chaplain.

Combating stress is vital to finding a balance between motherhood and work. Stress is a major contributor to illnesses and can damage the immune system, making it easier to catch colds, suffer from headaches, and it can increase your blood pressure. The health and wellness center offers a monthly, three-hour class called, "Stress Management," that can lead you to live a more stress-free life.

Family advocacy has outreach nurses who offer one-on-one personal home visits to help new mothers create a plan to return to work; cope with deployment and temporary duty assignment separation, and receive guidance on breastfeeding in the workplace. They also help teach parenting skills, such

as discipline techniques and care for a new baby and for children up to age three.

Family advocacy also offers an anger management class several times throughout the year to help people with their emotions and getting a grip on their anger issues.

Anxiety and depression can also creep into a new mother's psyche, causing added stress to the family environment, and ultimately leaking into the workplace. The family support center can help ward off these feelings and enrich your family life with their classes called, "Parenting S.O.S.," designed to give parents a boost with their parenting skills; and "Marriage 101," created to help couples deepen their relationship and increase their communication.

At the very least, we've all got our wingman, who we should call upon when times are tough or we just need a person to talk to. As it says in the U.S. Air Forces in Europe Wingman's Creed, "... We are Wingmen, committed guardians of each other's well-being." When times get tough for a new mom, remember that there are resources available to you to combat that baby-induced stress. Whether it's your supervisor, wingman or first sergeant, the support is there, you just have to reach out for it.

Direct Line

Comment: Driving under the influence not only affects an individual, it affects the innocent people around them. Since the inception of the new Responsibility Condition policy, DUIs have decreased, but we're still getting DUIs every other weekend and this is unacceptable. I think the punishment should be carried by the individual, not by their squadron. I understand that by punishing the squadron we are trying to promote the Combat Wingman program, but I don't think it is enough. What I propose is having the individual, and possibly their wingman, report to the wing flagpole for Reveille and Retreat every day (including days off) until the wing receives another DUI or until we reach our goal of 30 days DUI free. Including the wingman will utilize the Combat Wingman program and will give the security forces a break since they do not have the luxury of enjoying wing goal days. Or the individual will stand alone to render a salute as the flag is being lowered and raised. No one wants to give up their weekend, but if they are not responsible enough to think about the consequences, then I believe it is well deserved.

Response: Thanks for giving me the chance to discuss our RESCON and Saber 0-1-3 Programs. These programs are designed to work in concert to raise awareness and turn around an unhealthy and dangerous drinking culture in the wing.

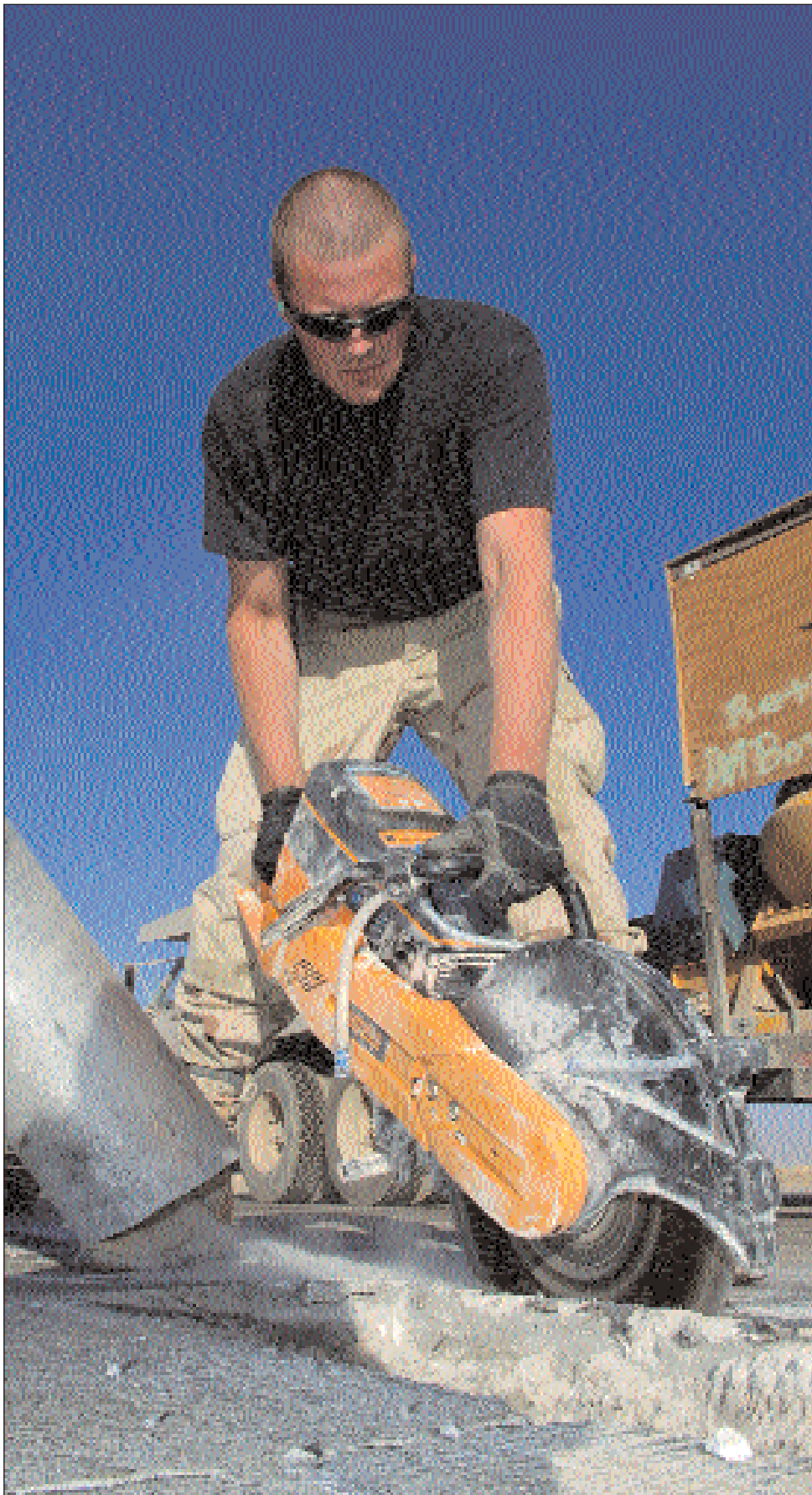
Lets discuss RESCON. This is an intentionally tough wing-wide policy that institutes increasing levels of disciplinary actions in an organization when a member receives a DUI. It is a tough response to a tough problem and supplements what our commanders are already doing. After we experienced nine DUIs between March 19 and Apr. 3 of this year, I implemented RESCON as a last resort to turn a negative and life-threatening trend around.

It appears that, together with our other programs and the most important ingredient -- supervisory involvement -- it is working. We are not getting DUIs every other weekend. In fact, as of today the wing has gone 48 days without a DUI -- including six weekends in a row. This breaks the previous record we set in 2003 of 36 days -- our best since we started keeping records almost five years ago. Enjoy today's down day -- you earned it!

Now SABER 0-1-3. With the exception of the down day offered after 30 DUI-free days, there is little positive motivation in RESCON. SABER 0-1-3 is the motivational counterpart to help us change our drinking culture. We live at the center of the universe for great beer and wine with ample opportunities to partake in local fests, gatherings, etc. here in the beautiful Eifel. I enjoy an occasional cold Bitburger or a Mosel wine and so should you if that is your choice. Saber 0-1-3 assumes we have a plan and have no intention of driving.

The numbers associated with the program provide a useful guide to how we drink. Stats shows our liver can only process one drink per hour. Science further show that after the third drink, the potential for high risk behavior is more than doubled. Many of our disciplinary challenges start with inappropriate use of alcohol (assaults, fights, domestic violence, etc.). Staying within the 0-1-3 limits will help us reduce our number of alcohol-related incidents. Our target is zero ARI's -- hence the "0" in 0-1-3. Indications are we are turning the corner in many areas.

To date, our Airmen (E-3 and below) have gone DUI-free for 111 days! Attendance at Brick House activities is up. Working together, we are making a difference here at the center of the universe. Thank you to all commanders, chiefs, shirts, and supervisors for your daily engagement in this critical community issue!



Capt. James H. Cunningham

BAGRAM AIR BASE, Afghanistan -- Senior Airman Robert Muth, heavy equipment operator, 455th Expeditionary Civil Engineer Squadron spall repair crew, uses a concrete saw to repair the runway here. In the last two months, the team has made more than 200 repairs to sustain more than 3,000 operations here each week in support of Operation Enduring Freedom. Airman Muth is a deployed member from the 52nd Civil Engineer Squadron.

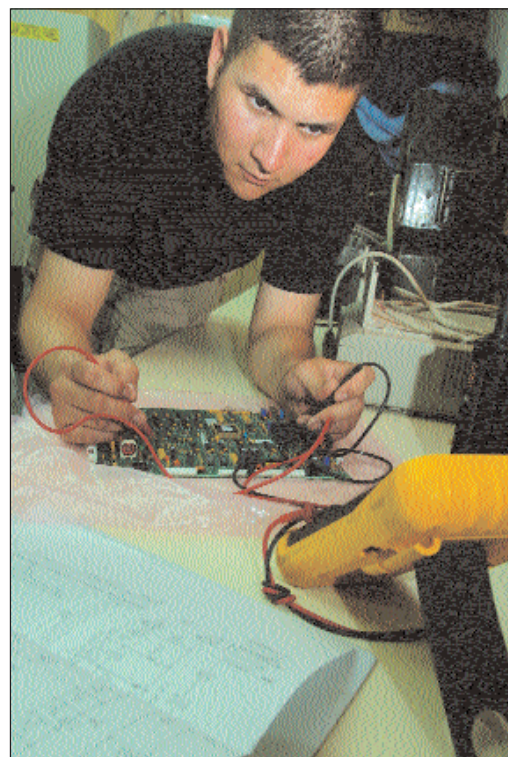


BAGRAM AIR BASE, Afghanistan -- Staff Sgt. Rick Whiting, heavy equipment journeyman, 455th Expeditionary Civil Engineer Squadron, opens a can of concrete repair mortar. In the last two months, the team has made more than 200 repairs to sustain more than 3,000 operations here each week in support of Operation Enduring Freedom. Sergeant Whiting is a deployed member of the 52nd CES.

Capt. James H. Cunningham

Sabers: constantly ready to project superior combat power

See what makes Team Eifel members stand out



Senior Airman Jennifer Haas

ALI AIR BASE, Iraq -- Airman First Class Sergio Santos, 407th Expeditionary Communications Squadron radio ground maintenance, troubleshoots the giant voice circuit card Oct. 13 to isolate bad components and to ensure a reliable warning signal for the safety of the base. Airman Santos is a deployed 52nd Communications Squadron member.



Chief Master Sgt. Roger Austin

MANAS AIR BASE, Kyrgyz Republic -- Staff Sgt. Rikki Spaans takes the oath of enlistment in mid-October from Capt. Michael Zuhlsdorf, both from the 52nd CES. Sergeant Spaans, an operations management technician, is currently assigned to the 376th Expeditionary Civil Engineer Squadron. Sergeant Spaan reenlisted in the Air Force for another five years.



Master Sgt. John E. Lasky

BALAD AIR BASE, Iraq -- Master Sgt. John Levingston looks for potential targets around an aircraft shelter. Sergeant Levingston is using a .177 caliber pellet gun as part of the Bird Aircraft Strike Hazard (BASH) program. The BASH team works hand in hand with airfield operations and entomology to prevent hazardous situations. Sergeant Levingston is a deployed member of the 52nd Fighter Wing Flight Safety Office.



Master Sgt. Lisa Polarek

MANAS AIR BASE, Kyrgyz Republic -- Tech. Sgt. Chuckie Taylor, 376th Expeditionary Civil Engineer Squadron, cuts boardwalk roof beams. The deployed 52nd CES member helped move the base's support facilities, such as lodging, personnel office, chapel and library to the center of the base in early October.



Master Sgt. Lisa Polarek

MANAS AIR BASE, Kyrgyz Republic -- Top 3 member Master Sgt. Roderick Hubbard assists Senior Master Sgt. Paul Simpson and Master Sgt. Rhongea Nixon with unfolding the U.S. flag at the 376th Air Expeditionary Wing building. The flags are presented to wing enlisted monthly award winners. Sergeant Hubbard is a deployed 52nd CES member.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Power Zone grand opening

The Spangdahlem AB BX Power Zone and Real Sports store officially opens Saturday with a ribbon cutting at 10 a.m. Visitors will receive coupons, gift cards, movie passes and combo meal deals. There will also be free cake, waffles and Subway sandwiches for purchase. Burger King offers breakfast specials from 8-10 a.m. For details, call Georg Main at 452-6851 or 06565-957284.

Teen activities

Die Pyramids adventure day, Nov. 25. Transportation to Die Pyramids amusement park departs from the center at noon and returns at 6 p.m. Teens are encouraged to bring a lunch. Call Aslynn Rust at 452-7820 for teen program or event details.

Commissary holiday hours

The Spangdahlem AB and Bitburg Annex Commissaries are open 10 a.m. to 7 p.m. Nov. 21 and are closed Nov. 24.

Thanksgiving crafts

Parent and toddler craft time takes place from 10-11 a.m. Nov. 23 in Bitburg Annex building 2012. Children ages 5 and under make Thanksgiving centerpieces. Call 452-7381 for details.

Combat CHEER concert

The band Social Brutality performs for people ages 18 and older Nov. 25 from 9 p.m. to midnight in Spangdahlem AB's Brick House. The event is free.

Crystal Bunko

Bunko games for Kaefer crystal take place Nov. 26 from noon to 3 p.m. in Spangdahlem AB's Brick House. Cost is \$15 per person, with a maximum of 50 players. Register at the base community center Monday-Friday from 9 a.m. to 6 p.m.

Gift basket program

Custom gift baskets are now available at the community center. Basket examples are: fruit, baby, wine, crystal, Polish pottery, welcome and various holidays. Special baskets require 24-48 hours notice. For more information, call Denise Rossignol at 452-7381.

Nurses needed at BMS

The Bitburg Middle School needs registered nurses who would like to sub-

stitute. For details, call the school at 452-9310 or 06565-619310.

Operation Angel Tree

Operation Angel Tree kicks off Nov. 23 with angel trees set up at the Spangdahlem AB and Bitburg Annex BXs, BXtras and chapels. The program was created to assist Saber families in financial need during the holiday season. Each angel ornament on the trees has a child's gender, age and sizes or additional gift a child has selected. Call your first sergeant for details.

Red Cross class

Take part in the "Disaster Services Part II: Mass Care" class offered by the American Red Cross Nov. 29 from 6-9 p.m. in Bitburg Annex building 2001. Participants learn how to deliver service in times of disaster, including how to set up shelters, and the resources needed to run and maintain mobile logistics. For details and to sign up, call the ARC at 452-9440 or 06565-61-9440.

Hugs for the holidays

"Hugs for the holidays" takes place Nov. 30 from 2:15-3:15 p.m. at the Spangdahlem Elementary School old gymnasium. It is an activity to help children communicate with loved ones who are away during the holidays. Children can make a life-size, decorated paper cutout of themselves to send. Volunteers are needed to make the event a success. For details, call Barbara Triplett at 452-6881 or e-mail her at barbara.triplett@eu.dodea.edu.

ACT Eifel play

Enjoy a showing of the newest ACT Eifel production of "Santa's Letters" Dec. 2, 3, 9 and 10 at 7 p.m., or Dec. 4 and 11 at 2 p.m. at the Spangdahlem Elementary School. The cost is \$8 for adults and \$5 for children. Tickets can be purchased at the Spangdahlem AB Community Center, or people can call 452-7260 for more information.

Free Advent calendars

Make an Advent calendar for the holiday season Nov. 28 and 29 from 10 a.m. to 1 p.m. at the Spangdahlem AB Community Center. Bring a poster-size piece of felt, 25 small pieces of felt size 2.5 inches by 3 inches, scissors and items like fabric paint or glitter. All

ages are welcome. For details, call Kim McElfresh at 452-7381.

UMUC academic advisor

The University of Maryland has an academic advisor visiting Dec. 1 to help UMUC students with degree planning. To meet with the advisor, call the UMUC office at 452-7552 to schedule an appointment.

Mailing prohibitions

Sabers are reminded that shipping meats, cheeses, Cuban cigars, liquor, liquor-filled candies, fresh fruits and vegetables, hookahs, bongos, or nativity scenes containing moss, bark, pinecones or straw, violate U.S. customs rules. Some products are banned from the U.S., and others may be carried in baggage but not mailed. Violations of customs, agriculture or postal regulations can lead to fines and confiscation of goods. For more information on prohibited items, visit www.customs.gov/xp/cgov/travel/ or visit the Spangdahlem AB and Bitburg Annex post offices.

Pet spa reservations

The Pet Spa has openings available for pet care during Thanksgiving and the winter holidays. Pets that stay three days or longer get free basic grooming. The spa will pick up pets from Spangdahlem AB for \$27 and from Bitburg Annex for \$22. Call 452-9362 for details.

Little ladies lock-in

School age program girls are invited to bring their favorite stuffed animal and wear their pajamas at the little ladies lock-in night Dec. 2 from 8 p.m. to 8 a.m. in Bitburg Annex building 84. The girls will have a hair and nails make-over, watch their favorite movies, play games and create crafts. Plan to spend the whole night since chocolate chip pancakes will be served in the morning. For more information, call Patti Porter at 452-9206.

Scholarship info

The Defense Commissary Agency and the Fischer House Foundation accept applications through Feb. 22 for education scholarships for children of military families and retirees. Applications and details are available at www.militaryscholar.org.

Clothing drive

A clothing drive for adults and children in Kyrgystan continues now through Nov. 30. Team Eifel members can drop off bags of clean, usable clothing at the Spangdahlem AB Chapel Office Monday-Friday from 7:30 a.m. to 4 p.m., during Sunday church services and at the Bitburg Annex Chapel during church services. Members of the Catholic Women of the Chapel and 52nd Chaplain Services will collect and send the donations to Kyrgstan for distribution in orphanages, a blind children's school and a children's cancer center. For more information, call Capt. Joann Axt at 452-9544 or the base chapel office at 452-6711.



Gospel Ambassadors performances

The 52nd FW's Gospel Ambassadors perform at the following locations during Advent:

- ♦ Nov. 27 at 4 p.m. at the Bitburg Christmas market on the Petersplatz
- ♦ Dec. 4 at 4:30 p.m. at the Catholic church in Wolsfeld for a benefit concert
- ♦ Dec. 10 at 4 p.m. at the Landscheid Christmas market at the town hall for a benefit concert

For more information on the concerts, call Chaplain (Capt.) Corwin Smith at 452-6711.

Champagne Sunday Brunch

Reservations Required

Sunday, November 20

1st Seating 10:30 a.m.-12:30 p.m.

2nd Seating 1:00 -2:30 p.m.

Call DSN 452-4639

Buffet includes:

Crab legs • peel n' eat shrimp • warm pancakes • buttermilk biscuits • southern grits • savory grilled home fries • sausage • crispy bacon • scrambled eggs • golden honey fried chicken • steamed buttery vegetables • roasted new potatoes • rice pilaf • full salad bar • omelet bar • Belgian waffles with toppings galore • carved honey cured ham • steamship round of beef • turkey • assorted breads and cheese • assorted mouth-watering desserts • and champagne!

\$14.95 Members
Kids (ages 6-12) \$6
Kids (ages 0-5) FREE!
\$16.95 Nonmembers
Kids (ages 6-12) \$7.50



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.



Courtesy photo

'Tis the season

"Christmas Moments," a holiday concert, offers a mix of German-American entertainment and songs this holiday season. The concert features Thomas Schwab and a group of musicians and singers who perform a Christmas entertainment show. It takes place at various locations throughout Germany and Luxembourg. The locations and times for "Christmas Moments" performances are as following: Morbach at the Festhalle; Dec. 1; Andernach at the Mittelrheinhalle, Dec. 2; Daun at forum hall, Dec. 7; Luxembourg's Centre des Sports et des Loisirs, Dec. 16; Dillingen at the Stadthalle; Dec. 20; Mainz at the Phönixhalle, Dec. 22; and the Trier Arena, Dec. 23. For more information or to order tickets online, go to www.christmas-moments.de. Tickets are also available through the ticket hotline at 06534-94-99-894.

Out and About

♦ Trier's annual Christmas market kicks off **Monday** and continues through **Dec. 22**. Other local markets take place in Bernkastel-Kues, **Nov. 26** through **Dec. 21**; in Bitburg and Dudeldorf, **Nov. 26-27**; in Wittlich, **Nov. 26** through **Dec. 18**; at Manderscheid Castle, **Nov. 26-27**; and in the idyllic Eifel town of Monschau, **Nov. 25-27**.

♦ The city of Cologne has several Christmas markets running **Monday** through **Dec. 23** throughout the city.

♦ The popular Nuernberg Christkindl market takes place **Nov. 25** through **Christmas Eve**.

♦ Many stores will be open in Wittlich **Nov. 27**. The best shopping time is between 1-5 p.m.

♦ Listen to a classical concert performed by the Vilnius Lithuanian Chamber Orchester **Nov. 27** at 5 p.m. at the Bitburg Beda Haus cultural center. Tickets are 13-15 euro. Call 06561-9645-0 or e-mail haus.beda@t-online.de.

Sports Briefs

Turkey Trot

Geat a head start on working off that Thanksgiving meal with the fitness center's Turkey Trot 5K fun run Nov. 23 at 11 a.m. Each participant must estimate their running/walking time before they start, and whoever is closest to their estimated time wins a turkey. Watches are not allowed during the fun run/walk. The event is free and people can call Mark Gearin at 452-6634 for more information.

Racquetball news

Racquetball season opens Dec. 5. The submission deadline for players' letters of intent to play and coaches' rosters of players is Nov. 23. A coaches meeting takes place Nov. 23 at 3 p.m. in the Spangdahlem AB fitness center conference room. Call Mark Warner at 452-6634 for details.

Basketball news

The intramural basketball and the over-30 basketball league seasons begin Nov. 21. For more information, call Mark Warner at 452-6634.

Wrestling championships

The 2005 U.S. Forces Europe MWR Wrestling Championships take place Dec. 9-11 in Wiesbaden, Germany. Register by 8:45 a.m. Dec. 10 to participate. Freestyle wrestling takes place Dec. 10 and Greco-Roman style is played Dec. 11. The event is open to all active duty members. Call 337-5943 or visit www.mwr-europe.com for more information.

Wanted: instructors, trainers

The fitness center is looking for excited, certified aerobics instructors and qualified, enthusiastic personal trainers who have a desire to lead classes and guide individuals toward a healthier lifestyle. For information, call Juergen Stockemer at 452-6634 or 452-6251.

Movies

The following movie listings are for today through Dec. 1. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

The Man (PG-13, 7 p.m.)

A case of mistaken identity forces federal agent Derrick Vann and dental supply salesman Andy Fidler to team up as they speed through the streets of Detroit to pull off a sting operation and solve the murder of Vann's former partner.

Two For The Money (R, 9:30 p.m.)

A star college football player blows out his knee, forcing him to choose a new profession. He winds up getting into the sports gambling business and is recruited by a man who runs one of the best sports-bookings operations in the country.

Saturday

The Transporter 2 (PG-13, 7 p.m.)

A retired ex-Special Forces operative makes a living driving for a wealthy family, but defies the FBI and works to rescue the family's two small boys after they are kidnapped and injected with a potentially fatal virus.

Two For The Money (9:30 p.m.)

Sunday

The Man (4 p.m.)

Two For The Money (7 p.m.)

Monday

The Man (7 p.m.)

Tuesday

The Transporter 2 (7 p.m.)

Closed Wednesday and Thursday

Nov. 25

Cry Wolf (PG-13, 7 p.m.)

The Liar's Club has spread an online rumor that a serial killer called "The Wolf" committed a recent murder and is planning to strike again. When the described "victims" suddenly start to disappear, the group is no longer able to determine where the lies end and the truth begins.

North Country (R, 9:30 p.m.)

The true story centered on Lori Jenson, who took a job at a Minnesota iron mine in 1975; she and other female miners endured harassment from male co-workers, ranging from verbal taunts to pornographic graffiti and worse. Jenson eventually filed suit in 1984 and won a landmark legal decision.

Nov. 26

Just Like Heaven (PG-13, 7 p.m.)

A San Francisco man falls in love with a female spirit he encounters in his home. The dilemma is that the woman whose ghost he's swooning over has been in a coma for months, and unless he does something she'll be taken off life support.

North Country (9:30 p.m.)

Nov. 27

Just Like Heaven (4 p.m.)

Roll Bounce (PG-13, 7 p.m.)

X and his friends, who rule their local rink, are shocked when their home base goes out of business. Heading over to the Sweetwater Roller Rink, they find their modest talents are, at first, no competition for the trick skaters and pretty girls who follow their every move.

Nov. 28

Roll Bounce (7 p.m.)

Nov. 29

Cry Wolf (7 p.m.)

Closed Nov. 30 and Dec. 1

Bitburg Castle

Today

The Cave (PG-13, 7 p.m.)

Bloodthirsty creatures await a pack of divers who become trapped in an underwater cave network.

Into the Blue (PG-13, 9:30 p.m.)

A group of divers find themselves in deep trouble with a drug lord after they come upon the illicit cargo of a sunken airplane.

Saturday

Into the Blue (7 p.m.)

Red Eye (PG-13, 9:30 p.m.)

A woman is kidnapped by a stranger on a routine flight. Threatened with the potential

murder of her father, she is pulled into a plot to assist her captor in offing a politician.

Sunday

The Cave (4 p.m.)

Red Eye (7 p.m.)

Closed Monday and Tuesday

Wednesday

The Cave (7 p.m.)

Thursday

Into the Blue (7 p.m.)

Nov. 25

The Transporter 2 (7 p.m.)

Two For The Money (9:30 p.m.)

Nov. 26

The Man (7 p.m.)

Two For The Money (9:30 p.m.)

Nov. 27

The Man (4 p.m.)

The Transporter 2 (7 p.m.)

Closed Nov. 28-29

Nov. 30

Two For The Money (7 p.m.)

Dec. 1

The Man (7 p.m.)